

Substance Use and Mental Health Treatment for Teens and Young Adults



**Newport
Healthcare**

Empowering Lives. Restoring Families.™

Newport Healthcare's industry-leading behavioral healthcare addresses both substance use disorders and mental health conditions, to help teens and young adults find healing, build resilience, and maintain long-term recovery.

Our primary and co-occurring substance use treatment programs across the country are specialized for teens and young adults, and include:

- Psychiatric care, medication management, and individual, family, and group therapy to address conditions including anxiety, depression, OCD, and more
- Recovery counseling to build distress tolerance and positive coping strategies to replace substance use
- Experiential modalities, such as adventure therapy in which young people safely face and overcome challenges, music and art therapy for self-expression, and yoga and meditation to enhance mindfulness



We're here 24/7 to answer your questions:



833-619-1022



NewportHealthcare.com/SUD



- Academic instruction, career support, and life skills development to ensure teens and young adults stay on track with their goals
- Case management and discharge planning services, including relapse prevention planning to identify triggers, supports, and coping skills
- Robust alumni programming to connect young people in recovery with like-minded peers and a network of caring professionals

Newport Healthcare provides individualized, solutions-based treatment to meet each teen, young adult, and family where they are in the journey of healing. If you or your loved one is struggling with a substance use disorder, the time to act is now.



We'll guide you each step of the way. Get started today:



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